

CORRECTED VERSION

(19) World Intellectual Property Organization  
International Bureau



(43) International Publication Date  
3 September 2009 (03.09.2009)

(10) International Publication Number  
WO 2009/106076 A8

- (51) International Patent Classification:  
A43B 13/14 (2006.01) A43B 5/06 (2006.01)
- (21) International Application Number:  
PCT/DK2009/000047
- (22) International Filing Date:  
20 February 2009 (20.02.2009)
- (25) Filing Language: English
- (26) Publication Language: English
- (30) Priority Data:  
PA 2008 00278 27 February 2008 (27.02.2008) DK  
PA 2008 00948 5 July 2008 (05.07.2008) DK
- (71) Applicant (for all designated States except US): ECCO SKO A/S [DK/DK]; Industrivej 5, DK-6261 Bredebro (DK).
- (72) Inventor; and
- (75) Inventor/Applicant (for US only): TRUELSEN, Ejnar [DK/DK]; ECCO Alléen 2, DK-6270 Tønder (DK).
- (74) Common Representative: ECCO SKO A/S; c/o Frank Petersen, Industrivej 5, DK-6261 Bredebro (DK).
- (81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AO, AT, AU, AZ, BA, BB, BG, BH, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT, HN, HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KN, KP, KR, KZ, LA, LC, LK, LR, LS, LT, LU, LY, MA, MD, ME, MG, MK, MN, MW, MX, MY, MZ, NA, NG, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RS, RU, SC, SD, SE, SG, SK, SL, SM, ST, SV, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.
- (84) Designated States (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT, LU, LV, MC, MK, MT, NL, NO, PL, PT, RO, SE, SI, SK, TR),

[Continued on next page]

(54) Title: SOLE FOR A SHOE, IN PARTICULAR FOR A RUNNING SHOE

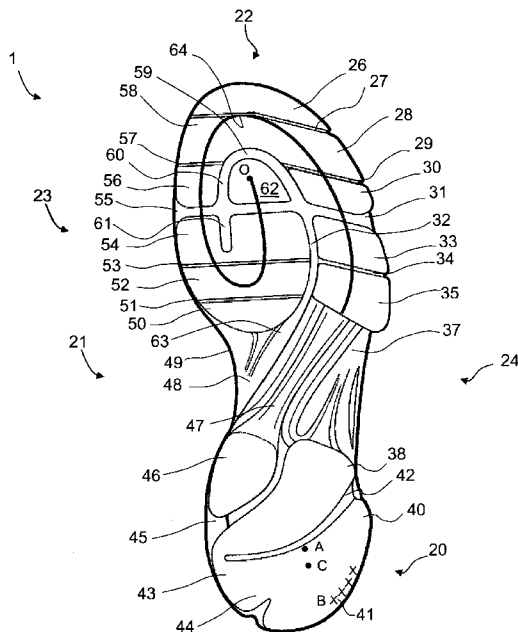


Fig.4

(57) Abstract: A shoe sole (7) consisting of a midsole (1) and an outsole (3) consisting of discrete outsole elements. The midsole (1) has on the side facing the outsole a multiple of flex grooves (27, 29, 34, 51, 53, 55, 57, 63) crossing each other and creating pads (26, 28, 30, 33, 35, 50, 52, 54, 56) in the midsole. A curved forefoot flex groove (63) emanates from the medial side (21) of the arch (48) and essentially follows a path over one or more of the cuneiform bones (72, 73, 74) and continues between the third (83) and fourth (82) metatarsal phalanges, over the third (77) proximal phalange and continues between the first (85) and second (84) metatarsal phalanges in a direction towards the heel. Both the outsole elements and the pads are arranged to follow an essentially spiral curve (64) around the curved forefoot flex groove. The sole reduces the risk of injury during running, and gives the foot increased compensation possibilities for correcting imbalances especially after heel strike.

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OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML,  
MR, NE, SN, TD, TG).

**(48) Date of publication of this corrected version:**

29 October 2009

**Published:**

— *with international search report (Art. 21(3))*

**(15) Information about Correction:**

see Notice of 29 October 2009